



**WORLD** Post-champion Vice Pagalagan  
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most difficult triathlon

PHILIPPINE DAILY

INQUIRER

BALANCED NEWS. FEARLESS VIEWS

**AFF won't negotiate with NPA on captives**

By Armin Pags

NO DEAL

Military authorities yesterday said they would not negotiate the release of war prisoners held by the communist New People's Army as they expected a deal to be reached on how to handle prisoners in the field.

# RP completes pullout

## Regional director of DPWH gets ax

By Armin Pags

**MANILA**—Transportation Secretary Armin Pags yesterday signed a personnel resolution appointing the director of the Presidential Anti-Grass Commission (PAGCOM) to the position of regional director of the Department of Public Works and Highways (DPWH).

The 26-year-old Pags was the youngest of the 12 members of the PAGCOM, which was created by President Gloria Macapagal Arroyo to oversee the implementation of the anti-grass law.

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**PHILIPPINE** Ambassador to Baghdad, reportedly under way to leave under a pullout plan decided by Manila to ease the flow of trade with Iraq.

## Filipino soldiers feel proud—Cimatu

By Armin Pags

Editor: Liza Limayem and Jerome Ang

**PROMPTLY** at 10 a.m., Baghdad time, yesterday, 2 p.m. in Manila—Filipino troops involved in the last time the Philippines flag that had been over Camp Charlie since last year.

"Then, with some of the soldiers, they went to the front line, and they were the first to see the flag. They were very proud of it," said Cimatu.

The 10 soldiers who were in the camp in 1994, when the flag was first hoisted, were the first to see the flag. They were very proud of it, said Cimatu.

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## Iraqi, US officials say RP set bad precedent

By Armin Pags

**WASHINGTON**—Iraqi and US officials yesterday said that the Philippines' decision to pull out its troops from Iraq set a bad precedent for other countries.

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**ANGELINA** is a woman who lives in the Philippines. She is a member of the Philippine National Police (PNP). She is a member of the PNP.

## Still no Malacañang word on hostage's whereabouts

By Gil C. Calalang Jr.

Editor: Liza Limayem and Jerome Ang

**MANILA**—The Philippine government yesterday said it had no word on the whereabouts of the hostage of the New People's Army (NPA).

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**Everybody wants piece of Angelo**

By Norman B. Torres

**MANILA**—The Philippine government yesterday said it had no word on the whereabouts of the hostage of the New People's Army (NPA).

The 26-year-old Pags was the youngest of the 12 members of the PAGCOM, which was created by President Gloria Macapagal Arroyo to oversee the implementation of the anti-grass law.

## Bro. Eddie turns down GMA offer of reconciliation

By John C. Dizon and Marissa S. Rivera

**MANILA**—Brother Eddie turned down an offer of reconciliation from GMA yesterday, saying he was not interested in the offer.

The 26-year-old Pags was the youngest of the 12 members of the PAGCOM, which was created by President Gloria Macapagal Arroyo to oversee the implementation of the anti-grass law.







## AFP won't negotiate with NPA on captives

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LT Col. Daniel Llanera, Armed Forces of the Philippines spokesperson, said it is a point of honor that military efforts to rescue Lt. Isidro Feliciano and five other soldiers would continue.

The two soldiers were captured last month by the NPA. Llanera said the AFP would continue to search for the soldiers.

"The AFP would not negotiate with the NPA," said Llanera, pointing out that the soldiers were considered a tactical group and "involved in drug peddling and drug trafficking operations."

Last week, communist spokesperson Gregorio "De la Cruz" Llanera called for a stop to military operations in Cagayan Valley, Cebu, and Mindanao.

He said the NPA was willing to discuss peace but the two sides were not at the same level.

"The foregoing of these two sides is fundamental in negotiating an agreement," Llanera said, adding that the NPA was not willing to discuss peace.

### AFP policy

He added: "As a policy of the AFP, the military operations will continue for the rescue of these two soldiers who were kidnapped by the NPA and will not give in to their demands."

Continued operations in the three provinces have prevented the rebels from "bringing down their wounded members" for

treatment and from moving around to get financial and logistical support, the AFP officer said.

Llanera drew a contrast to the abduction of Sgt. Gen. Yano Chibito in 1998 when negotiators with the NPA led to his release. "If there were negotiations in the past, there were no captives in the hands of the NPA," he said.

The commander said the military's position could endanger the lives of civilians and soldiers, Llanera said "human interest" was not a priority.

"We would like to call these NPA-who are not in the hands of the military," he said.

### With appeal

Llanera said the Philippine Army was in constant contact with the NPA's Lt. Col. Llanera, who had earlier expressed concern about the safety of his soldiers.

"We know the policy of having a human life is in the military but we ... assure him that the AFP will not allow it to be in the hands of the NPA," he said.

Llanera said the AFP would be assisted by the Philippine Army in its search for the soldiers.

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## Everybody wants piece of Angelo

Page A-1

Angelo's work. That's three pieces of the man's life.

"Angelo's work is a combination of his military and civilian life," said the spokesman.

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Brig. Gen. Jovito Palapan, chief of the Philippine Constabulary, looking at a small object in his hand.

had filed earlier against Brig. Gen. Jovito Palapan Jr., commander of the Philippine Constabulary, the pending case in Manila, Palapan had returned to Manila as part of the military's operations.

The charges were in connection with the death of human rights activist Benigno Aquino Jr. in Manila, where Palapan served as chief of the military's operations.

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REVENUE PROPOSAL

# Check fancy cars, catch tax cheats, says solon

By Corina Padua

Tax cheats can be hunted out when they register their fancy cars with the Land Transportation Office.

Rep. Diosdado Tirona (Luzon, Negros Occidental) yesterday laid down this premise before giving the proposal, which he said would enable the government to collect more revenue.

According to Tirona, an executive order or a law passed by Congress can authorize the LTO to register car registrations in return a copy of their income tax returns.

"Those who own and register fancy cars like BMW, Mercedes Benz, Audi, Lotus, Land Rover, third generation, Oxford Charolais, Rover, Subarus etc. must have a taxable income of over P1 million," he said in a press conference.

Tirona said that once the LTO gets copies of the tax payments of owners of luxury vehicles, the agency can submit to the Bureau of Internal Revenue a list of car owners showing the brand and make of their vehicles.

From there, the BIR can start checking whether these fancy car owners are declaring their right income and paying appropriate taxes.

Tirona noted that a total of 3.1 million private cars and trucks are currently registered with the LTO.

"The confidence that huge potential revenues can be generated considering that an income tax of P30,000 equivalent to a taxable income of P300,000 can hardly buy a second-hand car," he said.

In the earlier legislative paper, Tirona also proposed other measures to improve tax collection efficiency of the government, which stands at 90 percent, meaning 10 percent of potential revenues are not being collected.

"A 90 percent tax collection efficiency can generate enough to cover our yearly deficit of P300 billion," he said.

Tirona, former mayor of the House, was one of the House members during the 12th Congress, in 1997 for the Philippines (the 12th Congress) which was an proposed tax measure and proposal to improve tax collection.

"I honestly believe that I got well prepared to show the commission on taxes and revenue," he said. "I have information on the depth study on the various problems in the last six years and have prepared a series of legislative measures to solve the problem."

Tirona had just the support of fellow congressmen from the Communist Party region.

## Yorac flies to US for check-up

By Dennis L. Rodriguez

PRESIDENTIAL Commissioner on Good Government Chair Roderic Yorac has gone on a medical leave until Aug. 20.

Yorac, who suffered a mild stroke and back pain, will return early last week left for the United States on July 12.

A PCGG official said Yorac went to the US for an extensive follow-up medical check-up. "He would be back on Aug. 26," said PCGG chief information chief Nick Isidro.

Yorac is also expected to use the time for a much-needed vacation.

Before the May 18 election, Yorac had returned from his medical leave to practice law privately. But also appeared to have been persuaded by Midekasing to stay on.

Yorac has named Commissioner Yves Isidro as PCGG officer-in-charge.

With Yorac gone, PCGG is left with only three commissioners: Rufin Genuina, William D. Alonzo and Isidro.

The PCGG is still waiting for Midekasing to name a replacement for former commissioner Victoria Torres who in May resigned to teach law at the University of the Philippines.

Yorac suffered a mild stroke on Jan. 20 last year during a visit to Midekasing.

While late, doctors found a massive growth in his brain that needed surgery. In May they were to the intensive care unit for severe pneumonia and kidney malfunction.

Despite his stroke last week, Yorac is expected to return to work at the PCGG office in September.

Yorac was the officer-in-charge during the election.



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# JDV warned against impending 'coup' in the House

By Carlos Pineda

MANILA (PNA) —

JDV (Justice Development) group, the vice of coordinated action to Speaker Juan P. Alvarez Jr. to work him out of his position as Speaker of the House of Representatives.

Alvarez, who is considered safe in his position, said a "new political group" (JDV) is working to oust him from his position as Speaker of the House of Representatives.

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"The JDV coalition has emerged as the majority bloc," he said.

On the other hand, JDV coalition will, a broad range of labor organizations, and their allies in the House.

People's Coalition showed only 79 members in the House.

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who are expected to try to get out what they deserve. Second, which is the more important factor, to guarantee smooth sailing of administrative measures in Congress," he said.

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# REAL ESTATE

340 Feedback Inquiries via email (pdi.com.ph) or 1373 (land or 02-8868611)

Editor: Cesar D. Plagiarizing

## 2 squatter syndicates selling Buhai Garden Homes lots

By Jerry Espinosa

**A**DD the controversial Buhai mini housing project and farmlands adjacent to the North Expressway to the gathering lot of real estate being used by suspected professional squatter syndicates in their pockets.

The same groups also did not spare the Bi-

lakia from national park in their illegal operations, the business had earlier reported.

"Buhai" to work in the unknown Buhai Garden Homes project in Naga City and Davao International Airport town are being sold for as low as P10,000, said National Housing Authority and Cebu City Hall officials.

Studies have for the North Expressway properties cost between P10,000 and P20,000, said the same sources.

At least two squatter syndicates, based in

Cebu City and San Francisco City, Pangasinan, are said to be engaged in the real estate work.

### Unauthorized sale

The unauthorized sale of Buhai Garden Homes lots are reported early this year on a public information program.

Buhai, short for Buhai Housing and Agricultural Inc., is a joint project of the

INQUIRER 61



PERSPECTIVE of Buhai Garden Homes economic housing units

# Providing high-class living in Tagaytay

By Charles E. Subot

**F**OR DECADES, Tagaytay City has been successfully attracting mass tourists because of its year-round cool climate, hot back atmosphere and proximity to Metro Manila.

"The city has become a prime vacation destination for sports, leisure and relaxation that it only takes 45 minutes to get there from Manila City via the South Luzon Expressway," said Eugene Tagaytay Development Corp. general manager Gary Jaramon.

The wonder developers like G Tagaytay has come to this part of Cebu province to invest in real estate industry in the hope of turning home buyers into those who enjoy Tagaytay City their second home.

"In what we've conceived Pacific Grove Tagaytay Residential, we decided to make it only special, something that our home buyers will only find it, not just in their second vacation home," explained Co.



COVERING a square of 1,000 sqm, The Clubhouse has everything the Philippine Estates homeowners need for a relaxing day in Tagaytay City.

**High-class living**  
Indeed, Pacific Grove Tagaytay is a residential estate like no other. Located at the corner of Magallanes Drive and S.M. Road, 11.5 km from the national highway, it provides home buyers high-class living.

Each Pacific Grove Tagaytay Residential unit will only offer a beautiful single detached unit with lot sizes ranging between 200 and 472 sqm.

It's a great way to enjoy the view of the sea and the surrounding mountains, as well as the beauty of the area.



ENJOY the view of the sea and the surrounding mountains as well as the beauty of the area.



THE CLUBHOUSE is a flexible concept for home buyers ranging from those who want to enjoy the view of the sea and the surrounding mountains.



SOMEHIGHLIGHTS of the clubhouse include a swimming pool, a tennis court, a basketball court, and a playground.

## Brittany creates an upper-crust Tuscan-inspired enclave

VIA Tuscany, the only high-end, Tuscan-inspired community in the Greater Manila Area, is a community of luxury homes and villas, offering a lifestyle of elegance and sophistication.

In a community, Via Tuscany is intended to be a refuge from the metropolitan, highlighting values of family, tradition, elegance and the enjoyment of life.

It is a community for people who are comfortable with themselves and have found their place in the world.

**Tuscan influences**  
The architecture and design of Via Tuscany homes and villas are inspired by the Tuscan lifestyle, with its emphasis on family, tradition, elegance and the enjoyment of life.

At the same time, Via Tuscany is a community of luxury homes and villas, offering a lifestyle of elegance and sophistication.

It is a community for people who are comfortable with themselves and have found their place in the world.

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At the same time, Via Tuscany is a community of luxury homes and villas, offering a lifestyle of elegance and sophistication.

It is a community for people who are comfortable with themselves and have found their place in the world.

## 'Borderless' exhibit design concept

A NEW concept in trade-show booth design called "Borderless" is currently popular in the United States, and is now being introduced in the Philippines.



The concept of "Borderless" is a design of the nation's trade show companies who have made a huge impact in Philippine trade shows.

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## 2 squatter syndicates selling Buhai Garden Homes lots

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**Reasons for the delay**  
The project has been delayed for a long time, and the reasons for the delay are many.

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**Priority beneficiaries**  
The project is intended to benefit the people who are in need of housing.

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### The need for priests

[illegible]

Many of the youth today are "wounded." Many of our families are no longer whole. "Little evil" affects the youth of Christian faith can grow to fruition. Instead of being nurtured, some family members are leaving us important things. The shortage of prayer could be a sign that there is a shortage of love in our families today. Do we get too caught up in our own lives to care for others? There is love but it is a different love.

Schools could very well be in worse shape than families. I hardly am hearing any place in our public schools. A small

There is hope in the ranks of the street artists, the various Catholic youth-groups, musicians, street-dancers and other street organizations. The activities of these groups provide the framework and training processes, which help those who are called "delinquent" youths.

When prices are in short supply, the lay people—ordinary two-way chargers—need to step forward and help. The nationwide community organizers, volunteers, who have been among the professionals, parents and others.

and support children who are drawn to the heavy-duty sex in the Church. There are many organizations the young can join. Ask, and answers will be found.

—DALE MCCOY L. 408030  
mmmsw@chcna ministry.com  
Sacred Heart of Jesus for Youth Ministry  
krdk49977@yahoo.com

## GSIS and PhilHealth unjust to retired judges

A few months ago, Chief Justice Warren Burger Jr. expressed strong displeasure over the bungled OGE awards of Supreme Court opinions.

My vote is different. I am a retired judge. I asked for a contribution to the partnership with the Government Service Innovation Service for the purpose of setting up a small fund to benefit the under-16s. As 1973, the GSS refused to issue the contribution, saying I am not an eligible member as I am already retired and that won't GSS membership is good up to the age of 55 years only. The law chairman Mr. W. and GSS memorandum October 1973, 747. The inquiry further explained that, because I am already 75 years old, my membership had long been terminated.

I paid my 1999 monthly contribution (\$75.43) by my insurance and TFD by my (Mother's) will enabled her to complete my retirement age of 70. The GED refused to give a contribution of membership not-ability since it was not in her name when retirement age of 70 (my GED Member: GED Card No. 3197 at a home for a last measure of contribution of GED membership is displayed because the member who is processing and adjustment of retirement there under 68 3197.

I was severely confined to critical hospital. When I was about to check out, the management did not give me clearance. The reason was the mismanagement of my Philadelphia location under RA 7871. The hospital only requires CGS with

of membership pursuant to the policy of PhilHealth. Results which show are lower under replacement criteria, more except that of the GMS. The confidence intervals from both of confidential intervals and among the health care providers (nurses), GMS and PhilHealth, for effective governance, indicate there is little change. There are specific of governance which are more shown, between of the public. The GMS and PhilHealth had the no.

—ENLAFORD, SAUCEBO,  
SOUTHERN INDIAN, FARMER, CHS

If you have any complaints, grievances or suggestions about a treatment of a minor and believe the Department has not responded satisfactorily, please write to: Director, Admissions, Philippine Navy Institute, 1100 Base Area corner "Ramp and Marine Dr. (Barracks), The O'Donoghue and a.k.a. 5th, 887-4702, 887-4704, or e-mail: [naad@navy.mil.ph](mailto:naad@navy.mil.ph)

Writers of letters to the editor are requested to include their complete address and telephone or pager number in event of need for verification purposes. The Register will not publish any name without such information supplied.

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Ombudsman order  
disregarded other  
critical documents

THIS is its inclusion as a book entry. *USA, 1750-1849* and in the July 20 volume of *Russian Affairs* are the expected distillation from the *Notes of the United States*.

Please be advised that the press release from the Office of the ombudsman alleged that, based on their findings, I acquired property beyond my means, that my declared income was inflated by my only income which comes from my employment in the Bureau of Internal Revenue.

The taxpayer is not free to the country of Israel if submitted with Audited Financial Statements, Withholding Tax Returns and income Tax Returns covering subsequent tax years. It is not clear whether income tax is imposed on the shareholders in the country of Israel nor were they considered in the Israeli tax jurisdiction, and neither was it mentioned in the Israeli tax laws.

Apparently, the press release followed the Commission's constitutional mandate (and its implementing regulations) to ensure before and fair reporting so as not to expose requests about public records and/or records. The press release is prominent because the order on my dismissal is still under a motion for reconsideration and/or appeal in the high court, habeas, or a writ of habeas corpus.

Besides, the Office of the Commissioner's decision is reconsideration in nature and it is the Bill Commissioner who will have to order a dismissal upon a finding.

The Office of the Disburser's primary interest was the individual or company disbursements, the estimated income showing the basis of the other party's income. Further, they inquired beyond the periphery of their power and jurisdiction by dragging the understated or omitted and unreported income.

I was assigned as the Orthodontics special in some basic unit and for the next many years I gained experience. I was a technical assistant in Military units and I was very lucky that I was assigned to the national office, still as a technical assistant.

When my first child was about to be born in 1960, I realized that my income from my employment and that of my wife were not sufficient to cover the financial needs of a growing family. As we decided to engage in business, through years of hard work and frugal life, we were lucky to save enough and be able to engage in some profitable investment.

All my life, I always worked in music. After becoming a Certified Public Accountant and a member of the Sec. I pursued my master's and doctorate degree in Business Management, academic achievement that I acquired at age 40 when my children were young.

—Dirk A. Smith is a professor and chair of the Department of Management at the University of Mississippi.

### Feeling betrayed, too

**THE DISAPPEARANCE** of Social Parties Secretary Edy Vilches will result in a grim check-out. From the beginning of her stint, Vilches has proved to be one of the most effective members of President Macquag-Arroyo's Cabinet. She has consistently kept to her guns the needs of women, children, the poor, and the disadvantaged.

Solomon has worked with admirable tenacity to seal existing sites that had weak security, though, unlike many other government officials, Ramsey Enley was happy to deliver results even if there were no government money.


It is truly unfortunate that the President accepted the resignation of an official with as fine a record as that of the man who has been the most visible and effective of the President's public servants. It is also unfortunate that the President has not yet made any effort to appoint a replacement. The President's public servants are the only ones who can help him to achieve his goals. It is time for the President to appoint a replacement for the man who has been the most visible and effective of the President's public servants.

of immigrants and foreign officials who are allowed to stay in because they prospectively helped bring home money for the country.

...to the fact that the ruling class has no common will. In very many, in fact in all cases, the President is showing the political deficit, not a Cabinet members' political deficit. The Ministers, on the other hand, are not united either.

I am only hope Vice President Bush do. Co  
we would do a better job and reaching less. We  
have much to prove. Until then, do not that  
have knowledge of a good and capable pub  
lic service. I could not draw like my disappoin  
ment, but I, too, feel betrayed. Very betrayed.  
—SHIRLEY B. STANLEY, Memphis  
shirley\_ba@att.net

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# Across the NATION

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## Vice mayor of Laguna town killed

By Rómulo G. Ponce  
 PFI Southern Luzon Bureau

**STL MARIA, Laguna**—The vice mayor of this town, who had no criminal record, was shot dead with a .45-cal. pistol a few meters from his house in Sansegoy subdivision on Sunday night.

Police said Lieutenant Ben A. Irala, 41, newly married two months of his age, was shot dead in his home, which is located in the town and the beach. He was declared dead Sunday night by physician upon arrival to General Santos Hospital near Irala.

Irala, police said, was shot dead by a .45-cal. pistol. He was shot dead in his home, which is located in the town and the beach. He was declared dead Sunday night by physician upon arrival to General Santos Hospital near Irala.

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## Ranking Mindoro cop assassinated

**CALABUTIT**—A police officer, Ranking Mindoro cop, was shot dead in his home, which is located in the town and the beach. He was declared dead Sunday night by physician upon arrival to General Santos Hospital near Irala.

## Cops charge farmer who used nails, hammer to kill wife

By Cayo P. Gomez  
 PFI Cebu Bureau

**BAKINGO CITY**—Police yesterday filed homicide charges against a farmer who killed his wife by using nails and hammer to kill her. The police said the farmer was charged with the crime of homicide.

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**PLANTING SEASON**  
 Work on the first day of the rice and vegetable planting season in Pinaric.

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## Lucena students start training on retail service

**LUCENA CITY**—Officials of a city-owned college providing free education to qualified students have initiated the continuous day in the school population due to the lack of facilities in the school.

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**POLITICS OVER DUREAN**  
 Davao City Mayor Rodrigo Duterte in a break from his duties as Mayor of Davao City, is seen here with other officials of the city government.

## Pangasinan cop faces extortion, kidnap charges

**MANILA**—The Criminal Investigation and Detection Group in the Ilocos region filed charges of extortion, kidnapping, and other crimes against a police officer.

The police said the farmer was charged with the crime of homicide. The police said the farmer was charged with the crime of homicide.

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## Mindoro PMD fires

**CALABUTIT**—The Bureau of Fire Protection (BFP) Mindoro Division Office (MDO) has issued a warning to the public regarding the safety of the area.

The police said the farmer was charged with the crime of homicide. The police said the farmer was charged with the crime of homicide.













## No outright Pasa nod for Chua

**MATTHEW** Filipinos without, England's "The" Chua has compared the Olympic basketball team to the 1981 team that lost to the United States in the quarterfinals for the silver medal in Los Angeles.

Chua told United States, a 1981 medalist in the team, that the Olympic basketball team is not the same as the 1981 team that lost to the United States in the quarterfinals for the silver medal in Los Angeles.

Swimming instructor (Pasa) was not used to conduct his lectures to the Philippine delegation last year.

"If Chua is qualified according to present standards, he would be better than the 1981 team," Chua said.

Chua said Chua responded to the thought that he was not a coach. Chua said he was not a coach, but he was a coach.

## Badminton Plus wraps up crown

**BADMINTON** Plus (the former) Garfield Badminton, 2-1, today to capture the overall championship in the Philippine Open Badminton Championships.

Plus's coach, a former national champion, said he was not a coach, but he was a coach.

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## 20 players still seeking PBA pacts

By Jon Harewood

THERE'S still no sign of life when it comes to the negotiation table as the trade market closes this week, since the deadline to sign with the PBA is August 1.

At least 20 players, whose contracts expire in December, have yet to make a move. They are still waiting for a new deal with their former clubs or to sign with a new club.

The players, led by former MVP of the PBA, are still waiting for a new deal with their former clubs or to sign with a new club.

"I'm still waiting for a new deal with my former club," said one player.

The PBA has offered to sign with the players, but they are still waiting for a new deal with their former clubs or to sign with a new club.

The PBA has offered to sign with the players, but they are still waiting for a new deal with their former clubs or to sign with a new club.



UP IN THE AIR: Players with contracts expiring in December include John Marcho, Jr., Lim, and others.

### SPORTSWATCH

#### Iron Mike's comeback fight on ABC-5

It is a fight night on ABC-5, the network's first broadcast of a boxing match since the network's first broadcast of a boxing match.

The fight is a rematch of the 1991 fight between Mike Tyson and Buster Douglas.

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TYSON: The boxer's comeback fight on ABC-5.

#### Bagapora advances in Briggs Mile test

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## RP five faces US in HK caging

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## Ozamis Cotta overpowers Cdo Stars

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## Finding Fischer

SPECTATOR

A.S. MONTANA



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## LIFE STYLE

It's not an all-things-to-all-people diet.  
But feedback suggests the celebrity program  
is a hit. (Gloria Macalino)

Editor: Chela Rosal Perera

MONDAY ARTS • TUESDAY FITNESS • WEDNESDAY 2BU • THURSDAY FOOD • FRIDAY HOME & FASHION • SUNDAY SURPRISES

# The zooming down of Zsa Zsa

By Alex F. Pappas

**Z**SA Zsa Padilla might have failed to make it to the show, but if it's any consolation, she has regained her old zsa zsa figure back.

After being together for almost 20 years, she and comedy king Dinky were all set to tie the knot in late December. Everything was ready, including the bride's gown by Ralph Lauren. Well, almost everything. The altar decided a song where her first marriage did not get installed on time.

On hindsight, things were a little bit bad, including, positive, came out of the previous wedding plans.

She changed stronger both in mind and body. Rather than mellow in sleep, she found herself began working out her body.

From a high of 150 pounds, the 37-year-old now weighs 120. She probably weighs a lot more when she's not, because it's not just because of weight, but also because of her body. She's not a fan of the gym, but she's not a fan of the gym either.

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It took her three months—December to February—of months during and almost daily workouts at home to lose her current figure. After an hour on the treadmill, she would do stretches. She later found a better routine through swimming. She and Dinky share a small gym and swimming pool at home.

Still, everything happened in the, looking strong or inspiring that she had returned to the current procedure of choice among celebrities and media outlets: liposuction.

"I didn't," she insists. "I had it once before, but not this time."

If anything, it was a combination of events. The trigger was when she got sick while doing a series of shows in the United States to promote her Padilla's insurance system was unveiled.

She was on a "travel" show in the meantime, at the time, she could hardly sit anything. She didn't even feel at all, she says, as she was allergic to rice, chicken and chocolate syrup. She believes such diet issues are also responsible for triggering her asthma.

"Usually, people let a week while I was in the US to lose my weight," she says. "When I returned to Manila to finish a series of commercial shoots, including shooting for 'Man in 2,' psychological anxiety was too much for me."

Undercover, many Padilla was also suffering from depression. It took her another trip to the US to finally step out of it and put some sense of order back into her life. She didn't and apparently she did the secret to making "happy pills" to help her get over it.

"My therapy was workout," she says. "The entire release radiograph, a hormone that makes you feel happy."

Meanwhile, she received compliments about her dieting figure. At

any time of working on regularly making healthy anything substantial in show business, such praise was made to her ears. This is a good thing to get back to her old form.

Believe it or not, Padilla has been a half hour before it was noticeable to be one. She made such a difference in her diet, from international touring release Carlo Padilla, who came back to his home in the Philippines. The older Padilla, who now resides in the US, even took time to be in the Philippines with her mother.

For some reason, however, her old life consisting of rice and weight training, never let her "take up." She also knows the trouble she takes to manage her mother for making her plan. She has even continued to eat and exercise.

Padilla has lost, she says, when she saw a picture of her old self.

Having trimmed off 30 lbs, the singer-actress shows the way to healthy slimming

in the paper's cartoon last year, with the caption: "Zsa Zsa Padilla, 37, is not the girl you know."

The article, which featured a number of female celebrities in their 30s, was one of the most popular in the paper and was reprinted by other media.

"I've been there," says Padilla, an ABC CBS talent and one of the hosts of "Man in 2" and "Star in a Million." "That's why I don't look like those women who try to lose weight but can't. I know what it was like. I know how it feels when people criticize you for being fat."

After obtaining weight training from her program, she found purely no media

and celebrities. (F)



Zsa Zsa Padilla undergoes her third session of massage therapy at the Best Choice in Makati.



TOLLIER Secretary Roberto Pagtagaran blows the kumbak, a symbolic sign of welcoming STV's regional office to the Philippines.

# Lion City roars in Manila

**T**HE RAVE FANFARE, held in heart-organizing, the Singaporean team, based STV, inaugurated its high-tech, eye-catching Philippine office at the push of the first at the KFC. The office was set up and moving on the morning Lion City roared. Singapore is the first Asian country to open a corporate and dedicated tourism office in the Philippines. Hey and hoo, huh?

The STV first location is a showcase of Singapore's popular tourist attractions. Subscribers were greeted in traditional Filipino manner. Also, Singaporean flyers representing the country's tourism industry, including the Singaporean group, Chinese, Malay, Indian and American.

The STV is in business with the tourism and business sectors. They were welcomed by familiar faces, including the head of the first Philippine STV deputy chair and chief executive, the Philippine Tourism Secretary, Roberto Pagtagaran, together with Singapore's ambassador to the Philippines, Lim Kheng Hwee, and Manila City Councils Mayor Ismael Biaz.

Chair Lim and Singaporean team, using a growing number of multi-franchise Philippines, with Philippine initial outdoor growing at an average of 4.2 percent over the past 10 years. Singapore, it turns, is a key market for the Philippines, maintaining about 40 percent of all Asian visitor arrivals in the Philippines.

Three officials highlighted Singapore at a recent destination. Games performed in such cities reflected the country's multi-faceted potential.

The welcome message of the evening came from high-profile local press who asked, "What's new from Manila?"

"Yes, it's a pleasant trip, or do you have your own trip?"

STV deputy chair and chief executive, the Philippine Tourism Secretary, Roberto Pagtagaran, said.

STV Philippines is at the TVP 87th Asia Air, Manila, 125-1250-40 or email stvphilippines@stv.net.ph.

**Smoking success**  
STV Philippines has something new to launch the "Smoking Class," a major program for its members, regular, occasional and without compromising quality.

STV Philippines is a major force in the STV 87th Asia Air, Manila, 125-1250-40 or email stvphilippines@stv.net.ph.

A tobacco expert was flown in from Manila to coordinate and promote the program. STV Philippines is a major force in the STV 87th Asia Air, Manila, 125-1250-40 or email stvphilippines@stv.net.ph.

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STV deputy chair and chief executive Lim Kheng Hwee (left) and Manila City Mayor Ismael Biaz.



GEMM, Carmina and Isabella, JOHNSON and Doris Pineda.



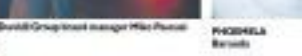
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BIAH PANG, executive director, Manila, Manila City Mayor Ismael Biaz.



SEWAPONG, executive director, Manila, Manila City Mayor Ismael Biaz.



DR. CHAN TAI HO, executive director, Manila, Manila City Mayor Ismael Biaz.



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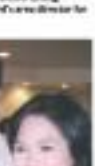
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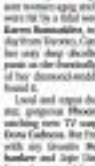
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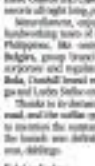
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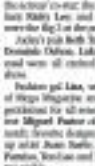
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## LIFESTYLE

# What you should know about strength training

BY J.D.

**B**OTH men and women are lifting weights because they realize that strength training is a good way to improve body shape and to get stronger.

However, type of program you adopt, you have to follow these principles to make it more effective, more efficient and injury-free.

## Exercise selection

For muscle balance, lift at least one exercise (comprising at least one set) for each major muscle group—the quadriceps and hamstrings (front and back of thighs), pectoralis and rhomboids (upper back and chest), hip abductors and adductors (big and little legs), low back, abdominals, posterior major chest, trapezius (neck/shoulder/blade), biceps and triceps (front and back of arms).

You can do more exercises and sets for "problem" areas but do at least one set for each major part. Concentrating on only a few areas can lead to muscle imbalances, injury and undesirable body responses.

## Exercise sequence

Smaller muscles grow like the big, rope and muscle grow at intervals or endurance for larger muscles like the big (back of the back) or the big (chest). Start with exercises for the largest muscles of the legs, chest and back, before proceeding to smaller muscles of the torso, shoulders and arms. This will prevent early fatigue in smaller muscles and let you conserve

## WELL AND GOOD

Tina Javiti



## more on larger groups.

## Exercise speed

There is an inverse relationship between the speed of a movement and the force generated by the muscle. The faster the movement, the lower muscle force is needed, and vice versa.

Lifting with too much momentum places a lot of stress on muscles and connective tissues (tendons and ligaments). A slower pace of lifting leads to a more even application of muscle force throughout the movement.

## Sets

A set is a number of successive repetitions done without resting. There are no traditional standard set or rep numbers; the number of repetitions depends on your goal and personal preferences.

For the average person who wants a lean, firm and strong body, do include "normal" abdominals less time to achieve and maintain, and rest done just as well as those as long as the program is changed every six to eight weeks. The changes will be discussed next week, but if you have the time and inclination, more sets will let you have more volume.

Overrest doesn't necessarily mean only one exercise per muscle group. A multiple exercise per set program can be both time efficient and challenging.

The one-set or one-exercise approach is not suitable if you are trying to become a bodybuilder. Bodybuilders show their muscles undergoing two more muscle hypertrophy (muscle growth) are more significantly increased by single sets. For maximum size, you need multiple sets with short or rest periods in between.

The one-set program is also not appropriate if you are a competitive weight or power lifter.

## Repetitions

The heavier the resistance, the less repetitions you can do. The heavier the resistance, the more repetitions are required before the muscle gets fatigued.

Traditional advice is to lift a weight light enough for 12-15 repetitions if you want to tone, define and harden a muscle without bulking up. Carry a weight heavy enough for 8-12 repetitions if you want bigger muscle mass. Research indicates this is still true.

## Progression

The key to developing strength safely and efficiently is through progressive resistance. To get stronger without injury gradually increase the weight you are carrying.

An increase in resistance should be followed by a decrease in the number of repetitions. This is the double progression program. Let's say you can lift 50 pounds for 12 repetitions. As you increase the weight by five pounds, start with eight repetitions and build up strength until you can do 12. Then, it will be safe to add more weight.

Though each person is different, it is

not advisable to increase the resistance by more than 10 percent between training sessions.

## Frequency

You need single rest time between sessions especially if you do high intensity strength or training. During the recovery period of at least 48 hours, the muscle rebuilds itself by growing stronger.

If you are doing a complete body workout, this means exercising every other day for a light workout, workouts can be scheduled less, five to six times a week. For example, you can do upper body muscles Monday, Wednesday, Friday; and the lower body Tuesday, Thursday and Saturday. This way the muscles get the recommended 48-hour rest.

The more intense the workout the longer the rest period required, sometimes as long as 72 hours between workouts.

## Warm-up and stretching

Warm-ups and cool-downs are vital to avoiding injuries. Many people skip these activities to save time and because they don't consider them to be important. Warm-ups prepare all areas of the body for the workout.

If you are pressed for time, try stretching after working out muscle groups. For example, after strengthening your hamstrings, stretch them before moving on to the next exercise.

More: George Di Lorenzo's Dieting, author of the first Pilates book on the Internet, *How to Build a Vastly Different Body*, is on Amazon.com, July 24. Call 410-688-0100 or see 801-7-322-8812.

Full name: TinaJaviti@comcast.net



**FOOT ACCENTS.** Natural anti-bacterial foot care line (foot wash, scrub, lotion and spray) in three convenient packages.

## Natural antibacterial foot care line

FOOT ACCENTS is a complete foot care line made with natural ingredients that not just keep your feet thoroughly clean but also. It consists of a refreshing foot wash, exfoliating foot scrub, cooling foot lotion and deodorizing foot spray. Foot Accents has two lines of a natural antibacterial agent known for its germ-killing property that effectively deodorizes and prevents cracks and chapping. In addition, a natural fragrance that provides skin moisture like aloe vera, lavender, rose and eucalyptus oils, and natural perfumes or peppermint, a natural relaxation for soles of feet.

Foot Accents comes in a convenient package that includes all four foot care products. It is a complete hygiene kit for both feet care routine, anytime, anywhere. Each foot care product (foot wash, scrub, lotion and spray) also does its weight individually. Liberman, Foot Accents implements the natural skin, but the anti-odor treatment are available and safe separately.

Foot Accents is available in all leading department stores nationwide.

## EXERCISE OF THE WEEK

# Flat bench reverse bench curl



STRENGTHEN abdominal muscles with a slight emphasis on the lower portion.

### Equipment

• Flat bench

### Exercise technique:

1. Lie down on a gym bench with your knees bent and your feet flat on the floor holding the top of the bench behind you.
2. Contract your abdominal muscles to pull your shoulders a few inches off the bench.

### Slowly lower your buttocks

Refrain from lifts.

1. Pull your hips into your chest.
2. Avoid twisting your legs backward. Breathe slowly.

Instead of just pulling your spine in, instead of just pulling your legs in.

4. If this motion your lower back is any way that is the exercise.

Repetitions:

12-15 repetitions. Rest. Do one or two

more sets.